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BOOZE & BREWS

Wine 'au naturel'; explore the untouched grape. 25

JOE BONAMASSA
Dazzling Blues
guitarist on
30 years in the biz.
22



Knicks already making Fizzdale the
scapegoat after 10 games. 26

HOSTILE HOMECOMING



'Lock Him Up!' Trump's anti-Hillary vitriol turns against him, amidst an array of other colorful political slogans, as the president's NYC Veterans Day Parade appearance Monday became a platform for protest. Open hearings in Trump's impeachment inquiry begin in the House this week. 12-13

THINGS
TO
KNOW

Turkey's policy has caused further tension with NATO allies.

Turkey said on Monday it had deported two captives from Islamic State, a German and an American, starting a program to repatriate detainees that has caused friction with its NATO allies since it launched an offensive in northern Syria.

Ankara says it has captured 287 militants in northeast Syria and already holds hundreds more Islamic State suspects. It has accused European countries of being too slow to take back citizens who traveled to fight in the Middle East.

Allies have been worried that Islamic State militants could escape as a result of Turkey's assault against Syrian Kurdish militia who have been holding thousands of the group's fighters and tens of thousands of their family members.

Interior Minister Süleyman Soyulu had said last week Turkey would begin to send foreign Islamic State militants back to their home countries starting on Monday, even if the nations the fighters came from had revoked their citizenship.

Ministry spokesman İsmail Catakli said one American and one German were deported on Monday. He did not specify where they were

Turkey starts repatriating Islamic State detainees



Men, who the Democratic Forces of Syria fighters claimed were Islamic State fighters, walk as they are taken prisoners after SDF advanced in the southern rural area of Manbij, in Aleppo Governorate, Syria. REUTERS

“Citizens can rest assured that each individual case will be carefully examined by the German authorities.”

Interior Minister Horst Seehofer

sent, although Turkey has repeatedly said detainees would be sent to their native countries.

Greek police said Turkish police officers came to the border post at the Greek town of Kastanies on Monday and requested that an American citizen of Arab descent accompanying them be admitted to Greece as he had been

arrested for exceeding his stay in Turkey.

The man was refused entry and returned to Turkey, accompanied by the Turkish police, the statement from Greek police headquarters said. It was not clear if he was the American referred to by the interior ministry.

The 23 others to be deported in coming days

were all European, including a Dane expected to be sent abroad later on Monday, as well as two Irish nationals, nine other Germans and 11 French citizens.

“Efforts to identify the nationalities of foreign fighters captured in Syria have been completed, with their interrogations 90% finished and the relevant countries notified,” Catakli said, according to state-owned Anadolu news agency.

Germany's foreign ministry said Ankara had informed Berlin of 10 people – three men, five women and two children. A spokesman said he did

not know whether any were Islamic State fighters, but did not contest their citizenship. The ministry said seven were expected on Thursday and two on Friday.

“Citizens can rest assured that each individual case will be carefully examined by the German authorities,” Interior Minister Horst Seehofer said. “We will do everything possible to prevent returnees with links to IS becoming a threat in Germany.”

The Danish Public Prosecutor said on Monday that Denmark and Turkey were in contact over a Danish citizen convicted of terrorism charge

es in Turkey.

While German and Danish authorities have confirmed they were aware of the Turkish plans, French Defence Minister Florence Parly said she was not aware of them.

A Dutch court in The Hague ruled on Monday that the Netherlands must help repatriate children of women who joined IS, but the mothers do not need to be accepted back.

Turkey launched its offensive into northeastern Syria against the Kurdish YPG militia last month, following President Donald Trump's decision to move U.S. troops out of the way.

The YPG, the main element of the Syrian Democratic Forces (SDF) and a U.S. ally against Islamic State, has kept thousands of jihadists in jails across northeast Syria and has also overseen camps where relatives of fighters have sought shelter. Ankara views the YPG as a terrorist group.

The Turkish offensive prompted concern over the fate of the prisoners, with Turkey's Western allies and the SDF warning it could hinder the fight against Islamic State and aid its resurgence.

Turkey has rejected those concerns and vowed to combat Islamic State with its allies. It has also accused the YPG of vacating some Islamic State jails.

REUTERS

Mexico makes arrests in American family massacre

Mexico has made an unspecified number of arrests over last week's massacre of three women and six children of dual U.S.-Mexican nationality in the north of the country, Security Minister Alfonso Durazo said on Monday. “There have been arrests, but it's not up to us to give information,” Durazo told reporters in Mexico City. The women and children from families of U.S. Mormon origin who settled in Mexico



Alfonso Durazo. REUTERS

decades ago were killed last Monday on a remote dirt road in the state of Sonora by suspected drug cartel gunmen, sparking outrage and condemnation in the United States. Durazo said that prosecutors in Sonora, as well as at the federal level, were in charge of the investigation. REUTERS

Trump meets with vape industry on tighter regulation

U.S. President Donald Trump said on Monday he will be meeting with vaping industry representatives as his administration considers tightening e-cigarette regulations amid a nationwide outbreak of vaping-related injuries and deaths. “Will be meeting with representatives of the Vaping industry, together with medical professionals and individual state representatives, to come up with an acceptable solution to

the Vaping and E-cigarette dilemma. Children's health & safety, together with jobs, will be a focus!” he wrote on Twitter. Trump did not give a time for the meeting or offer any other details. He said on Friday that his administration would come out with “an important position” on vaping this week. On Thursday, the CDC reported there have been 2,051 confirmed lung injury cases and 39 deaths associated with use of e-cigarettes. REUTERS

Russian murderer: lover's severed arms found in bag

A Russian court on Monday charged a distinguished historian known for re-enacting Napoleonic battle scenes with the murder of his partner after he was found in a river with a rucksack containing her severed arms. Oleg Sokolov, a 63-year-old history professor at St Petersburg State University confessed in court on Monday to shooting dead Anastasia Yeshchenko, a 24-year-old postgraduate, with a rifle. Sokolov told the court he

had loved Yeshchenko and that they had been lovers for five years. But they argued over his children from another relationship and he had “lost control,” shooting her four times with a sawn-off rifle, he said. “During the row, we all lost control. I don't understand how it happened. Something like this has never happened to me before. She attacked me with a knife,” he was quoted as saying by the Interfax news agency. REUTERS

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NEWS

New programs announced to expand NYC veteran services.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Mayor de Blasio and James Hendon, Commissioner of the Department of Veterans Services (DVS), shared news of an expansion of mental health services for veterans, as well as additional programs to support city veterans.

Mayor de Blasio said in a press release, "As the son of a World War II veteran, I know the men and women who serve our country can carry a tremendous pain that is still felt years or decades later."

De Blasio added, "As the only city with our own Department of Vet-

Mayor de Blasio expands services for NYC veterans

erans Services, New York City is here to help its veterans shoulder the load, and today that means providing them with new tools to look after their mental health. I'm proud of the successes DVS has achieved so far, and I know this announcement will lead to further victories for our city's veterans in years to come."

The expansion will include some new programs including, but not limited to: peer support, training for mental health professionals, holistic mental health treatments, legal services and more.

Here's a breakdown of the new programs from a press release:

Mental Health Support:

"DVS will recruit more vetted mental health partners to its VetConnectNYC referral service. This will allow the department to scale up all its mental health initiatives,

including the VetsThrive-NYC Core 4 whole health model, a community and peer-based approach that engages veterans both in clinical settings and through lower-stigma methods such as peer support and cultural engagement."

Legal Services:

"The City will help provide grants to legal services organizations that will help veterans challenge their discharge status, including LGBTQIA+ veterans given less than honorable discharges due to their orientation or gender identity. With an honorable discharge status, more veterans will be able to receive VA services previously denied to them, including mental health care."

PTSD Treatment:

"In collaboration with the Research & Recognition Project, a national leader in reconsolidation

of traumatic memory (RTM) protocol, the City will recruit licensed mental health professionals for training in RTM, a PTSD treatment method created through working with 9/11 survivors."

Holistic Services:

"Through public-private partnerships, the City will support veteran-specific holistic treatments, including service animals, meditation training, yoga and expressive therapy. Through coordinated partnerships with VA medical centers and veterans services organizations, DVS will encourage veterans and their families to seek out additional therapies to complement their mental health care treatment."

Peer Support:

"Thanks to a \$300,000 State grant, the City will create a peer-to-peer program for Veterans facing the challenges of Post-Traumatic Stress Disorder



Mayor Bill de Blasio.

REUTERS

and Traumatic Brain Injury. The program will be administered through the Joseph P. Dwyer Veterans Peer Support Project."

Interagency Mental Health Task Force:

"The City will join a new Mental Health Advisory Council with local, state, federal and private partners through the Substance Abuse and Mental Health Services Administration."

Additionally, there will be a new program called Service2Service, which is

a joint DVS and New York City partnership, which connects AmeriCorps alumni and veterans with mentors in the government to help them find careers within the city.

NYC Chief Service Officer Anusha Venkataraman said in a press release, "NYC Service is so proud to partner with DVS on Service2Service to create a space where these civic leaders can make connections, develop professionally, and discover the next step in their legacy of service."

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MODEL

Top Democratic 2020 contenders promise to strengthen veterans' services

Suicide prevention measures high on the list.

Top U.S. Democratic White House contenders said on Monday they would improve benefits and healthcare for military veterans if elected, putting a priority on upgraded medical facilities, stronger suicide prevention programs and better care for military spouses and children.

To mark Monday's U.S. Veterans Day holiday honoring those who served in the military, presidential contenders Joe Biden, Bernie Sanders and Pete Buttigieg unveiled plans to honor what Sanders called the "moral obligation" of providing quality care to veterans.

"When you raise your right hand and vow to give everything to your



Democratic 2020 U.S. presidential candidate Senator Bernie Sanders. REUTERS

country, America commits to taking care of you and your family," Buttigieg, the mayor of South Bend, Indiana, and a veteran who served in Afghanistan, wrote in a column in the *Military Times*.

Biden, Sanders and Buttigieg are three of the

leading contenders in a crowded field of 17 candidates competing for the Democratic nomination to challenge Republican President Donald Trump in the November 2020 election.

In their veterans' plans, Sanders and Butti-

gieg promised to modernize the U.S. Department of Veterans Affairs and simplify the claims process so veterans are compensated more quickly and accurately.

Sanders, a U.S. senator and former chairman of the Senate's Veterans' Af-

fairs Committee, would fill nearly 50,000 slots for doctors, nurses and other medical professionals at veterans facilities during his first year in office. He also called for at least \$62 billion in new funding to repair, modernize and rebuild hospitals and clinics.

Biden, a former vice president whose late son Beau spent a year in Iraq with the army, vowed to hike military pay, eliminate wait times for veterans expressing suicidal thoughts and refurbish healthcare facilities serving veterans.

His administration would invest a combined \$800 million in research on traumatic brain injuries and toxic environmental exposures, as well as providing grants and other assistance to military spouses who want to start businesses.

Buttigieg's plan calls

for streamlined access to medical care, including suicide prevention measures. It also would provide more help for families of service members, rescind the transgender military ban and support transition from active-duty to civilian life.

\$62B

Sanders called for at least \$62 billion in new funding to repair, modernize and rebuild hospitals and clinics.

Another top contender, U.S. Senator Elizabeth Warren, released a veterans' plan last week that aims to cut the suicide rate for veterans in half within four years. Warren has three brothers who served in the U.S. military.

REUTERS

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Everything you need to know about the Singer's Warsaw Festival of Jewish Culture


 METRO STAFF
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One of Poland's most acclaimed arts festivals returns to the Big Apple this weekend. Back for its second year, the Singer's Warsaw Festival of Jewish Culture will once again set up shop in New York City for three days of music, theater, screenings and so much more. Here's everything you need to know about this year's Singer's Warsaw Festival of Jewish Culture.

What is the Singer's Warsaw Festival of Jewish Culture?

Prior to its expansion to New York City, the annual festival has been one of the most popular events in Warsaw, Poland, since its inception in 2004. Now in its 16th year, the festival continues to be a must-see celebration of Jewish culture, featuring everything from plays and movie screenings to readings, dancing, music and more. The goal of the festivities is to bring more awareness to Jewish culture in Poland, as well as to remember the country's Jewish communities.

As its name suggests, the fest pays tribute to the legendary Isaac Bashevis Singer, a Polish-American writer known for leading the Yiddish literary movement, who won the Nobel Prize in Literature in 1978. One of his most acclaimed works is his short story turned play "Yentl," which was later adapted into the famed film directed by and starring Barbra Streisand. The first Singer's Warsaw Festival of Jewish Culture in Poland was held in honor of the 100th anniversary of the author's birthday in 2004.

The festivities are organized by Warsaw's Shalom Foundation and helmed by its founder Golda Tencer, also director of the The Ester Rachel and Ida Kaminska Jewish Theatre in Poland – Center of Yiddish Cul-

ture, who serves as the fest's artistic director.

What to expect from the festival's lineup

The festival officially kicks off its run in New York City on Sunday, Nov. 17, with a special concert at the Lincoln Square Synagogue. The show will feature a performance by world-class cantor Yaakov Lemmer and Grammy Award winner Frank London, who will showcase the works of Gershon Sirota and Mordechai Gebirtig. Following the concert will be a performance of Itzik Manger's play "Humesh Lider" by the Jewish Theater in Warsaw, one of only two Jewish theaters

in all of Europe. Directed by Andrei Munteanu and featuring a score by the acclaimed Dov Seltzer, the production uses the poems from "Five Books of the Torah" and Biblical characters (portrayed as contemporary Jews living in a small Polish town in the 1920s) in order to take audiences on a journey through the world of Yiddish traditions.

As expected, the festival will feature the works of Singer. Fans of all ages are encouraged to stop by the Brooklyn Public Library - Midwood Branch and the New York Public Library - Riverside Branch for Singer Storytime. The festivities will include a

number of special guests who will read stories by the famed author, including actors Anna Podolak, Dawid Szurmiej, Jasper McGruder and Stacey Robinson. The New York Library event will also feature an appearance by Adrian Kubiński, the director of The Polish Cultural Institute in New York.

The City College of New York will host a number of screenings throughout the festival, including showings of a pair of films adapted from Singer's writings. The first is "Yentl," the award-winning film by Streisand, which tells the tale of a young Jewish woman who wants to study the Talmud but

is hindered by the restrictions of Orthodox traditions. The story is based on Singer's sister, writer Esther Kreitman. The second film is "Enemies, A Love Story," directed by Paul Mazursky and starring Anjelica Huston. This story is a humorous but heartbreaking tale about immigrants in New York who try to deal with the horrors they faced in the Holocaust. Both films will include discussion panels after the screenings helmed by New York-based screenwriter, director and author Andrzej Krakowski.

The Singer's Warsaw Festival of Jewish Culture wraps up in New York with a performance

of "A Wall" on Nov. 19 at the Consulate General of the Republic of Poland in New York. Directed by Maciej Wojtyczko and starring Ewa Dabrowska, this drama by the Jewish Theater in Warsaw was inspired by the true tale of Irena Sendler, a World War II hero who saved thousands of children by smuggling them out of Warsaw.

When is it?

The Singer's Warsaw Festival of Jewish Culture begins on Sunday, Nov. 17 and concludes on Tuesday, Nov. 19. For more information on this year's festival and other events coming up, check out polishculture-nyc.org.



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Viral video of churro vendor sparks major NYPD backlash

After a viral video of a Brooklyn churro vendor allegedly getting arrested, the internet is speaking out.



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Rebecca.Glasser@metro.us

A video has gone viral on Twitter after footage of a woman selling churros within a Brooklyn subway was arrested by NYPD.

The video was shared on social media by Sofia Newman on Friday and the tweet read, "Tonight as I was leaving Broadway Junction, I saw three or four police officers (one of them was either a plain-clothes cop or someone who worked at the station) gathered around a crying woman and her churro cart. Apparently, it's illegal to sell food inside train stations?"

The thread continued and told the tale of the Spanish-speaking vendor, who was dragged away by NYPD. The video has been viewed over 2.6 million times, and social media users are angry.



Churros.

WIKIMEDIA COMMONS

Officials such as Scott M. Stringer, the NYC Comptroller, retweeted the video and added to the post, "Another incident that raises serious questions about the increased police presence in our subways. This kind of enforcement doesn't make anyone safe."

Although the original video claimed the woman was arrested, NYPD debunked that by sharing a series of tweets about the incident.

The tweets were shared on the NYPD Transit Twitter, reading "Regarding the vendor our officers approached at the Broadway Junction station: She was not arrested, she received

a summons. She's received 10 summonses in the past 6 months and both English & Spanish speaking officers spoke with her..."

The NYPD Transit thread continued on to say, "...when she still refused to comply, she was briefly cuffed, her property was invoiced, and she was released from the Transit District shortly thereafter with another summons..."

Their final tweet about the incident said, "Our officers have been responding to number of recent complaints of violations at this station, including the unlawful and unlicensed sale of food and other products."

Iran adds to breaches of nuclear deal with enrichment push: IAEA report

Iran is enriching uranium at its underground Fordow site and rapidly accelerating enrichment more broadly, a report by the U.N. atomic watchdog showed on Monday, outlining Tehran's latest breaches of its 2015 nuclear deal with major powers.

Iran is overstepping the deal's limits on its nuclear activities one after the other in response to the United States' withdrawal from the accord last year and its reimposition of sanctions that have crippled Iran's oil trade. Tehran says it can quickly undo those breaches if those sanctions are removed.

In perhaps its most symbolic breach yet, Iran said last week it had be-



REUTERS

gun refining uranium at Fordow, a site built inside a mountain apparently to protect it from any aerial bombardment, and one that Tehran concealed from U.N. inspectors until 2009.

The 2015 deal banned enrichment and nuclear materials there but allowed some centrifuges for research purposes.

"Since 9 November 2019, Iran has been con-

ducting uranium enrichment at the plant," said a quarterly report by the International Atomic Energy Agency, which is policing the deal, sent to its member states and obtained by Reuters.

Washington says its "maximum pressure" campaign will force Iran to negotiate a more sweeping deal, covering its ballistic missile program and its role in Middle Eastern conflicts. Iran says it will not negotiate until sanctions are lifted. Other parties to the deal are trying to prevent its total collapse.

Since early July, Iran has also violated the deal's caps on its stock of enriched uranium and the level to which it refines uranium. **REUTERS**



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People carry Polish flags and flares during a march marking the 101st anniversary of Polish independence in Warsaw, Poland. REUTERS

Polish far-right groups march on independence anniversary

Poland increasingly polarized since 2015 PiS election win.

Tens of thousands of Poles took part in a far-right march in the capital Warsaw on Monday to mark Polish independence, an annual event that has become a focus of friction between nationalists and liberals.

Some chanted "God, honor, homeland!" and "No to the European Union!" and waved red-and-white Polish flags. Others lit red flares, blanketing sections of the parade with smoke.

"We have to return to our roots. Our world has abandoned God and Christianity," Robert Bakiewicz, head of a group organizing the march, told participants in central Warsaw. "We will die as the nations of western Europe are dying."

A small group of hard-line Italian far-right group Forza Nuova members also took part, waving flags.

Poland has become increasingly polarized since the nationalist Law and Justice (PiS) party came to power in 2015, calling for a revival of patriotic and Catholic values in public life and a rejection of Western liberalism.

Critics say PiS, which

won a second term last month with 44% of the vote, has tacitly encouraged groups with roots in the fascist and anti-Semitic movements of the 1930s that organize the march, although the party denies this.

Last year, on the centenary of Polish independence, government officials and President Andrzej Duda, an ally of the PiS, agreed to hold a joint event with the annual march organizers, but walked at a distance, away from any overt displays of nationalism.

"We will walk this path, and if it's done in a thoughtful way, it will bring us to victory."

Jaroslav Kaczynski

This year, PiS held its own, separate events.

"Our nation has a mission and it has to fulfill it," PiS leader Jaroslav Kaczynski said on Sunday. "Our mission is to sustain everything that's a foundation of our Christian civilization."

"We will walk this path, and if it's done in

a thoughtful way, it will bring us to victory."

On Nov. 11, Poles commemorate the establishment in 1918 of the second Polish republic, created after World War I from parts of what was then Russia, Germany and Austria.

Two years ago, the march was dotted with racist banners, some of them reading "Pure blood, clear mind" or "Europe will be white or uninhabited."

Before PiS came to power, scuffles between participants and police were not uncommon, but in recent years, more families with children have joined.

On Monday, some wore stickers saying "Stop 447," in a protest against a U.S. law on the restitution of Jewish property seized during or after World War II, an issue increasingly featuring in public debate in Poland.

The U.S. Department of State is expected to provide a non-binding report to Congress later this year on property restitution, under legislation known as the Justice for Uncompensated Survivors Today (JUST) Act, or Act 447.

Poland was home to one of the world's biggest Jewish communities before it was almost entirely wiped out by Nazi German occupiers who set up death camps such as Auschwitz on Polish soil. REUTERS

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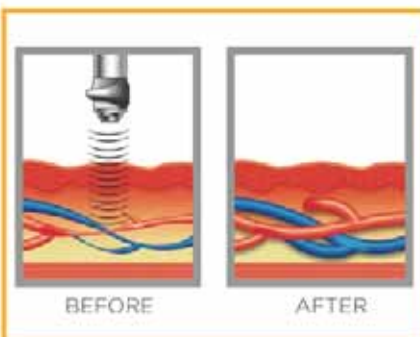
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How AWT Therapy Works:



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AWT can treat almost any man - regardless of age or medical history. AWT is the existing solution to help treat ED within the New York area. In just a few, convenient sessions, you will be able to rejuvenate your sex life and be ready when the intimate moment arises.

Our clients that have used Manhattan Medical Associates AWT treatment have had encouraging results:

For over 11 years, Larry K., 65, has struggled to get and maintain an erection. This was a challenge that deeply frustrated him. No pill or pump has ever worked for him. After visiting Manhattan Medical Associates, Larry K. reports, "your treatment worked after a few visits! I never expected these results."

Jack B says, "I'm 79 years old and visiting your clinic was the best choice I've ever made! I only wish I had known about it years ago."

It's time to visit Manhattan Medical Associates and see what our AWT treatment is all about. Achieve the REAL results you're looking for with the expert advice you need. **Solve ED TODAY.**

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President Trump faces protests in NYC

Veterans Day Parade appearance provided platform for protest.

HOLDEN WALTER-WARNER
Holden.Walter-Warner@metro.us

Veterans Day may be an apolitical holiday, but political protests still marred President Donald Trump's trip to New York City on Monday.

As President Trump spoke at Madison Square Park for the 100th annual Veterans Day Parade, chants of derision and impeachment echoed across

the area. Some chanted "lock him up," a twist on the chant President Trump aimed at Hillary Clinton during his 2016 presidential campaign.

Public impeachment hearings are set to begin on Wednesday, which could ultimately result in President Trump being removed from office.

Additionally, at least one floor of an office building in the park had "IMPEACH" spelled out along their windows.

President Trump largely steered clear of politics during his speech, but the chilly reception has become commonplace wherever



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he goes. Just a couple of weeks ago, he was memorably booed at Game 5 of the World Series in Washington DC.

There are still friendly confines for President Trump to savor. This weekend, he was met largely with cheers when he was introduced at a college football game between the Uni-

versity of Alabama and Louisiana State University, played in Tuscaloosa; President Trump won Alabama in the 2016 election with 62 percent of the popular vote.

President Trump recently changed his primary residence from New York to Florida, citing a lack of respect from New York City's leaders.



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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

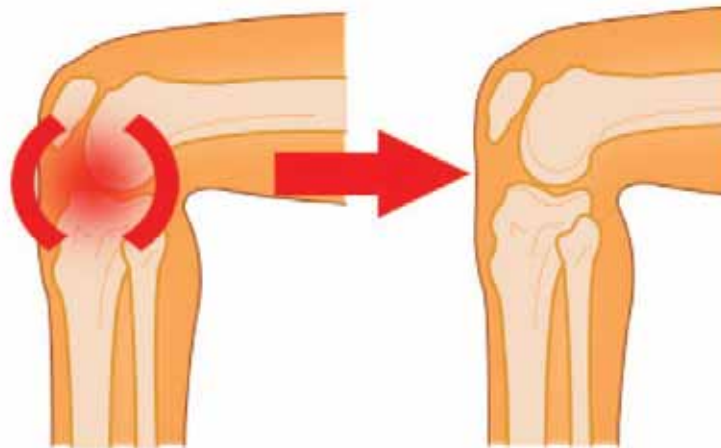
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310

EDUCATION
GUIDE

The best ways to prep for college while in middle school

When is the right time for a student to start preparing for college? While it seems like life after high school couldn't be further from your mind while your children are entering middle school, laying the groundwork for their academic trajectory seems to begin earlier and earlier. Here are some steps parents should take to help their children to get a jump on college preparation.

CARVE OUT TIME FOR READING

Possibly the most important habit that your child can develop at a young age is a love of reading. By having a good sense of reading comprehension and a practiced sense of allotting time to devour assigned reading, your

child will be well-prepared for high school courses and important exams like the SATs. To get your children to read, change the narrative away from it being "school work" to let them read what they want during their free time. The more they do it, the more the less they will view it as a chore.

LEARN A FOREIGN LANGUAGE

It's no secret that schools look at students who are proactive and are good learners. While it is necessary for students to complete some sort of proficiency in a foreign language before attending college, mastering a different language at a young age can be wildly beneficial to



a student's brain at a young age. In a study performed by Penn State University, they found that by learning a new language, your brain's networks — where it reasons and learns — will be pulled together and become

more efficient. This will help someone who has learned a new language to be able to approach problems or school work in a more efficient way. So, not only will your child learn a new language, but it will also help them in all

of their other areas of study.

KEEP ONE FOOT IN HIGH SCHOOL

Even though your child may still be in middle school, considering where they finish out high school should be

hugely important when thinking about college. Make sure that your next, or current, schooling option offers a wide variety of extracurriculars and AP courses that will give your child a leg up when applying to schools. **METRO STAFF**

Is your child's high school going to prepare her to earn a college degree? Now you can find out.

Parents and students going through the NYC Department of Education's high school admissions process can benefit from a new tool that allows them to see how well each high school prepares its graduates for success in college.

Graduating from high school is just one step toward a successful future for young people. And some high schools do a much better job than others actually preparing their students to graduate from college.

Only about 1 in 4 students who graduated from NYC high schools in 2012 and 2013 and were included in a data set analyzed by The Education Trust—New York graduated from New York colleges on time.

Parents can look up information on any high school in the city at edtrustny.org/toandthrough.

The project was made possible thanks to the support of the Heckscher Foundation for Children.

IS YOUR CHILD'S HIGH SCHOOL GOING TO PREPARE HER TO EARN A COLLEGE DEGREE?

Before you apply, find out at
edtrustny.org/toandthrough

Hunger on campus

How college students can get help.



NerdWallet is a personal finance website.

When college students paying their own way have a financial hiccup, they have to make hard choices about how to spend their limited funds — and some turn to their food budget to close a gap.

Gina Higgins, a mechanical engineering student at North Carolina State University in Raleigh, has paid for school with a mix of scholarships, loans and part-time jobs. She planned every penny of her budget, cutting corners by shopping at discount grocery stores and commuting to campus.

Then, her car broke

down and her family couldn't help. Higgins needed her car to get to classes, but couldn't afford to pay for repairs on top of rent, utilities and food. She knew that she could only cut back on her food budget, so she turned to her school for help.

"It's a stereotype for a reason that college students survive on ramen and free snacks from club meetings — we don't tend to eat well because we can't afford to eat well," Higgins says.

Almost half of 86,000 students at two- and four-year institutions nationwide surveyed in fall 2018 by Temple University's Hope Center for College, Community and Justice said they were food insecure — without reliable access to healthy food — at some point in the previous year. More than a third of those students said they cut the size of meals or skipped meals because they didn't have enough money for food.

Getting help

for food insecurity. Nearly 40% of college students are considered low-income, the biggest risk factor for food insecurity in college, according to a 2019 report by the Government Accountability Office.

Food insecurity isn't only about lack of food; it's also about quality, says Alicia Powers, community health coordinator at Auburn University and managing director of the school's Hunger Solutions Institute.

"If you're choosing it because it is the only thing you can afford, then we need to address that," Powers says about instant ramen meals.

Resources at Higgins' university got her through the crisis. She had help signing up for the Supplemental Nutrition Assistance Program government benefits. She also received an emergency grant to cover the cost of car repairs and some meals at the dining hall.

Here are food resources that may be available



for students in need.

Unused meal share programs
College meal share programs allow students to donate their unused meal credits, or swipes, to other students, who claim them for campus dining.

Meal share programs are often student-led efforts, aided in part by nonprofit organizations like Swipe Out Hunger and Share Meals.

In the 2018-19 school year, over 70% of students at the 80 colleges that Swipe Out Hunger serves reported less stress and

anxiety about where they would get their next meal after receiving meal swipes. More than half who received swipes also reported higher class performance.

Campus food pantries
On-campus food pantries provide nonperishable items and some may offer fresh options like fruit, vegetables and dairy products as well as frozen food.

"Just because you're low-income or struggling doesn't mean you should only be able to eat food in packaged form or cans," says Marissa Meyers, a senior department research

associate for the Hope Center for College, Community and Justice.

The campus food pantry at Evergreen State College in Olympia, Washington, partners with the Thurston County Food Bank to receive weekly deliveries of fresh produce and refrigerated items.

Use the College and University Food Bank Alliance's search tool to find campus food pantries.

This article was written by NerdWallet and was originally published by The Associated Press.

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			2	8	4			
7	5					9		
				1	5		3	8
		5	4		7	1	6	
3							9	7

HARD

5			4		3			
	6				2		5	
				9			8	4
					2			
3	8						7	1
		1						
9	2			4				
	4		7				3	
			8		5			6

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READER WRITE-INS:

TALL PEOPLE AT CONCERTS

I love going to see live music. But as someone who is only 5'3" sometimes it's just not worth it to stand behind a wall of tall dudes at a show when I'm trying to see one of my favorite artists. It's never any better than I think it's going to go, but I keep going! Tall guys, can you cut us short girls some slack? Maybe stand in the back?

Kaye, *Metro New York* reader



ISTOCK

metro.us/horoscopes



Aries Put greater emphasis on the way you look and how you feel. Don't trust someone who offers insincere flattery or pressures you to share your secrets. Be your own judge.



Taurus Make a move or personal change, or make a promise to someone you love. Positive change will unfold if you are open to suggestions. Travel will lead to personal growth.



Gemini A partnership will entice you, but before you make a commitment to someone, gather details and verify facts. Someone will withhold a personal secret.



Cancer The changes going on around you should be embraced. If you engage in what transpires and participate instead of sitting on the sidelines, you will benefit from the experience.



Leo Be careful whom you trust, what you sign up for and how you deal with change. Concentrate on personal growth, better health and broadening your interests.



Virgo Indulge less, learn more and associate with productive people. Don't let a personal incident disrupt your plans. Trust in your ability to adapt, deliver and move on.



Libra Stay active, get fit and reach out to people who share your interests. Take note of what others do, but don't feel that you must follow or take part in someone else's plan.



Scorpio Keep your plans to yourself. An adjustment you make will help you reach your objective. A personal relationship will flourish if you share your feelings. Personal growth is featured.



Sagittarius Come up with a plan and stick to it until you reach your destination. Invest in yourself and your future. Romance is on the rise.



Capricorn Take your time, ease into the changes you want to make, and refuse to let anyone push or bully you. Make intelligent choices based on research as well as intuition.



Aquarius Just do it. Stop waiting for someone to fulfill a promise and do whatever has to be done on your own. You'll feel better once you have cleared up unfinished business.



Pisces Look over contracts, bank statements, personal documents or anything else that may need adjustment. You stand to gain some insight that could save you money. EUGENIA LAST

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LIFESTYLE



Joe Bonamassa can't believe he's been playing the blues for 30 years

"I shouldn't be here."



PAT KING
patrick.king@metro.us

When I caught up with Joe Bonamassa, it seemed as though we were already speaking on borrowed time. The dazzling and influential blues guitarist and songwriter had a few minutes to speak ahead of his soundcheck at Detroit's Fox Theatre this past Friday on a date that holds huge power and significance for the artist. It was the 30th anniversary of the first time he had ever stepped onstage for a gig. Since starting all the way back on Nov. 8, 1989, Bonamassa has had a hugely successful yet improbable career for an artist with 37 full-length albums, 21 of which have reached the #1 spot on the Billboard Blues charts. With no big hits or real presence in the pop culture landscape, he is arguably one of the most successful and

important artists within the genre. Bonamassa is, by all accounts, an anomaly of this current moment and his success is a true testament to his talent as a performer. Bonamassa and his band will be playing three nights at The Beacon Theatre starting this Thursday.

On the day I'm speaking with you, it's the 30th anniversary of your very first show. How does it feel reaching such a milestone in your career?

I've been thinking about this for two years and it kind of crept up on me. It's an emotional day, I went through a bunch of old photographs. To be honest with you, it's a pretty heavy day. I shouldn't be here. I have no radio hits. I've made 37 albums. I got here on sheer hard work and determination and never imagined I'd be here 28 years. I shouldn't be here and there is a law of averages says this shouldn't be happening. It's a sentimental day and an emotional day. It's pretty cool.

Your career has definitely moved against the grain and convention. Your longevity is a real testament to your singular voice as an artist.

I don't know why what I do resonates to a broader audience. I never really ask that question because you can't overthink it. Because if you overthink it, then you overdo it, then you over everything. I'm just thankful for today. It's a day to take stock. I was telling a friend of mine, the whole thing feels like the whole thing has gone by in a blink of an eye yet the whole thing feels like a lifetime. I'm not a lifer, in this. I may have 10 years before I hang it up or bow out gracefully. Or maybe 20, I'm not sure. No more than 20. I may go for 50 years and be 52 years old and have a second act. Or I may say "F-k it" and do it for 40 years. There has to be a round number in it. I know 10 years is going to go by in a blink of an eye. It's been 10 years since we did the Royal Albert Hall in '09. In the next 10 years, in 2029

I'll be 52 years old and will have to do something special in time for '49. There's a point when it's like, "Okay, we get your point." Then you bow out gracefully.

You are such a versatile player who has found new ways to add different elements into the blues. Does finding a new heartbeat in such a "purist" genre excite you?

The purists say this about me all of the time. "He's not really blues." I agree. I'm not really blues, I'm not really anything. I'm a genre within a genre. I toe the line between rock, blues, and singer-songwriter and that resonates to a larger audience. If I played Chicago blues all night or if I played straight-up rock it wouldn't be what it is. The variety makes ... I think helps it become more marketable. Then there's the other guy! The other guy is a character within my personality. There's the all-day guy, and then there's the other guy who dresses up in a suit and gets up there to try to entertain

people. Me personally, I'm just a pretty shy, basic person who just likes to play guitar. There are two different sides to my personality. It's really something that quite frankly, has worked. I can't think about it too much because they like the guy in the suit. It is what it is.

Have you always been attracted to veering away from people's expectations?

I didn't gig to be famous. There are other people in the genre that embrace the fame and the cool hip factor. That's okay. Because that's the way that they got to where they needed to go. I'm not a tastemaker. I'm not a fashionista. I'm not any of that. I've never been invited to a Hollywood party, nor do I expect to be. I'm not the guy who needs the scene. I'm the guy who works his ass off and the people who miss the scene tend to wonder how I sell 5,000 tickets to Detroit. I'd rather be that guy than the people who say, "I can't believe we didn't

If you go:

The Beacon Theatre, Nov. 14-16, 2124 Broadway.

sell all of our tickets but got invited to all of the cool parties". It's not a diss against anybody, all of the genres are like that. Household names don't have the outreach that I do. I'm perpetually underground, but if you ask 30 people at a bar what a "Joe Bonamassa" is, they'll say "I don't know."

You'll be playing three shows at Beacon Theatre starting this Thursday. Does this run have any significance for you around your 30th anniversary of playing music?

We've been playing the Beacon Theatre for 10 years. It's home. We did Radio City. We did Carnegie. I like the Beacon. A 2,500 seat theater is something I'm set up for. I like the sound. I like being able to look people in the eye and it not being a black hole. It just works.

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Errol Morris speaks his mind on Steve Bannon and 'American Dharma'

We spoke with the legendary filmmaker about his newest documentary.



JAMES CASE
letters@metro.us

The biggest takeaway from Errol Morris' "American Dharma" is that Steve Bannon really likes attention. To describe this need in Bannon as transparent and cringeworthy hardly does it justice. But there's a lot more at stake than our potential discomfort with the mercurial Bannon.

Since his ideology is as pliable as his uncentered moral compass – and ultimately swings to his own



GETTY IMAGES

benefit and taste – this craven desire for attention doesn't seem to filter or flag that Morris' examination of his "Bannonness" could be presented as criticism or ironic pedestal. The fact that the entire set where Morris allows Bannon to present his thoughts is a recreation of the set of one his greater fixations – the 1949 Gregory Peck film, "Twelve O'Clock High" – should be a clue to the level of irony and repulsion that Morris has in his cache.

"It's hard to believe that Stephen Bannon, whether he knows it or not, isn't just acting to enrich himself. Do I see a principle dedicated fighter for human liberties and rights? I doubt it. I see an a-hole. I see it a man who likes attention," Morris said.

Bannon attaches himself to base messages about duty, honor and patriotism. He posits himself as a deep-dive intellectual but rarely wades out of the shallow end of the pool. Bannon fetishizes bygone values in a facile maneuver to present himself as a student of history, and for a minute, it's kind of cute. The man is clearly aware of the power of straightforward, simplistic stories about principles. He's still childishly enamored with them himself, and the power of their dictating ideas, such as 'A Natu-

ready cinder. Bannon parades himself as being some sort of combination of a pariah, heretic, prophet, soothsayer, demagogue, populist, savvy businessman and political tactician. This fluctuating, super-evolved Steven Bannon didn't propagate and normalize dangerous ideologies, of course. They were going to happen anyway. He paints himself as merely a very wise witness to the unstoppable forces and trends of history.

"If I seem mystified by all of this, it's because I am. I pretend otherwise. I have endlessly been asked, 'Is Bannon a snake oil salesman, or is he a true believer?' I suppose the further question is, 'Snake oil salesman for what? A true believer of what?'" Morris asks.

It seems as though Bannon doesn't truly know himself. At conversely both his best and worst moments, he acts like the child in class who is called on to answer a question, who doesn't know the answer, but still answers it anyway, spinning a yarn so long and threadbare and convoluted and irritating and boring and preposterous that everyone has not just forgotten the question, but forgotten why they are in class and why they had to tolerate being in the same room with this person to begin with. It's enough to make you think America, being the classroom in this metaphor, has lost its way. Bannon, and people like him – who offer the illusion of substance, but only are interested in your attention/vote/dollar – distract us from the real issues, the real problems, the real policies enacted that affect people on an everyday basis.

"There's something about evil that I find attractive. Because usually our attempts to explain evil fall so far short of the mark," Morris says.

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Becca Glasser-Baker considers herself an adopted New Yorker. Although she studied culinary arts in New Jersey, she credits her passion for cocktails to exploring New York City. When she's not writing, she's probably baking, hanging out with friends, blasting Taylor Swift or petting dogs. When she's not sipping on a cocktail, she's busy indulging in exotic teas. Email her at Rebecca.glasser@metro.us with tips, trends, favorite spots and cocktail ideas.

EVERYTHING YOU NEED TO KNOW ABOUT NATURAL WINE THIS HOLIDAY SEASON

Although it's wine season, year-round, the holidays are the perfect time to try something different, and that's where natural wines come in. The natural wines category is growing pretty rapidly, and if you haven't gotten into the craze, now is the perfect time to join Team Natural Wine.

As a huge wino, I was curious to explore the world of natural wines. I spoke with natural wines expert and Faro beverage director Siobhan Spencer all about the natural wine movement.

When asked what makes natural wine different, she was happy to explain that it's processed differently from your every day conventional wine. I wondered what the main difference is between natural wine and conventional wine, and Spencer told me, "Natural wine is low intervention where nothing is added, and nothing is taken away. So, what you're getting is the grape itself."

Natural wine is not exclusive to any country; you can find wine from all over the world and even locally (think the Finger Lakes).

When it comes to the creation process, she explained that conventional wine can have up to 72 different additives – which blew my mind – whereas natural wines do not. Spencer explained that natural wines are designed to let the grapes speak for themselves.

Although natural wine is great, there is no certification or regula-



tion process in this market, which makes the category a little challenging to dive into. When it comes to picking up natural wines in-store, Spencer told me:

"When shopping for natural wine, it is important to find a place you can feel comfortable asking questions. Talk with the staff and be honest that you are not familiar with natural wines but would like to try something new. Having a place you trust to guide you into the natural wine world is extremely helpful."

She also explained that natural wines are grown differently, and the grapes are hand-picked, which shows how much work goes into these smaller batch wines. The wines are also bottled without filtration, which makes a huge difference in the product. Spencer wants you to know that a lot of extra care and love goes into producing this kind

of wine.

When it comes to tasting natural wines, Spencer suggests going for what you like typically. If you're not sure, you can always ask for recommendations at Faro. If you check out Faro on Wednesdays, they offer additional glasses of wine, which are normally only available via bottle. You can really dive into the world of natural wines. When I tasted a few varieties, as someone who usually gravitates towards white wine, I found myself captivated by a red pét-nat – a variety of sparkling wine.

The flavor of natural wine varies quite a bit: you can go for something clean and familiar, or you can explore something a little bit funkier – it's all to your taste. To check out Faro's incredible selection of natural wines, you can visit Faro at 436 Jefferson Street, Brooklyn. You can book a reservation via resy.com.

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SPORTS



Knicks head coach David Fizdale is already being targeted as the scapegoat by Knicks management. GETTY IMAGES

Are changes on the horizon for Knicks?

The Knicks are already in shambles this season as the job statuses of their head coach, GM and president are being questioned.

JOE PANTORNO
joseph.pantorno@metro.us

It only took 10 games for the Knicks' 2019-20 season to develop into the all-too-familiar dumpster fire that has become commonplace over the last 20 years.

The Knicks are 2-8 following a 21-point embarrassing loss to the lowly Cleveland Cavaliers on Sunday which has prompted upper management to play damage control.

President Steve Mills — who recently celebrated his 500th game with the organization despite a horrific record — and general manager Scott Perry addressed the media following Sunday's game.

"We're not happy with where we are," Mills said. "This is not where we expected to be at this point, 10 games in."

Their impromptu press conference reportedly came after Knicks owner James Dolan — who has been the one constant throughout the organization's nightmarish two decades — spoke with them, per SNY's Ian Begley.

The pitiful thing about this is that the Knicks are actually on a better pace compared to last year

when they tied a franchise mark for the worst record in an 82-game season at 17-65.

This year, they are on pace to go 20-62.

Given Mills' longevity with the organization, he has found a way to squeak his way out of punishment time and time again — meaning a scapegoat will be coming right around the corner.

He is already laying the groundwork to do so, as the job security of head coach David Fizdale and Perry are being called into question.

"We have patience, and we believe in coach," Mills said. "And we believe in the group that we put together, but we also know that, as Scott and I both have said a number of times, we need to find a way to have a consistent level of effort and execution."

The dreaded vote of confidence doesn't necessarily mean anything for Fizdale's future with the Knicks. According to Begley, changes at the head-coaching position or general manager this season have not been "ruled out."

On Monday afternoon, ESPN's Adrian Wojnarski and Malika Andrews added that Mills has "started to lay the internal groundwork for the eventual dismissal" of Fizdale.

Fizdale has been tasked with developing a raw, inexperienced and overall unimpressive roster during his year-plus with the Knicks. The roster was built by Mills and Perry during an offseason in which they lost out on

Kyrie Irving and Kevin Durant — among other marquee free agents.

Instead, Perry and Mills opted to allocate considerable funds to second-tier free agents. They gave Julius Randle \$62.1 million in a three-year deal while Marcus Morris inked a one-year contract worth \$15 million.

Along with the acquisitions of Bobby Portis and Taj Gibson — and with the drafting of RJ Barrett — there are higher expectations for this year's Knicks team compared to last year.

Fizdale took responsibility for the team's poor start following Sunday's game, but the head coach can only do so much for a systemically broken franchise.

But Mills could very well be in the line of fire alongside Perry as The Athletic's Frank Isola reported that Dolan is "plotting to take another run" at Toronto Raptors president Masai Ujiri — who was a top target of the Knicks' owner after Phil Jackson parted ways with the organization.

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Pat Shurmur (center) has won just seven of his first 26 games with the Giants. GETTY IMAGES

LOSS TO JETS CONFIRMS GIANTS MUST CLEAN HOUSE

PANTORNO'S PERCH



**JOE
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There was a football game on Sunday in New Jersey.

Two teams representing New York faced off.

There were four quarters, plenty of touchdowns and plenty of excitement from a pair of fanbases that have had little to celebrate the past few seasons.

But most of all, there was a ton of bad football.

The Jets defeated the Giants for a second-straight time in the MetLife Stadium rivalry, which is nicknamed the "Snoopy Bowl" — though I preferred the multiple "Toilet Bowl" signs and headlines throughout the week.

In the days leading up to the trainwreck that was Sunday afternoon's matchup, the talk of the town was how the Jets have to get rid of head coach Adam Gase.

It's an understandable argument. Gase had gotten nothing out of his offense — which is counter-intuitive for a head coach that was labeled an offensive guru entering this gig. The Jets had scored eight offensive touchdowns in their first eight games and were averaging just 12 points per outing.

Yet the Giants found a way to one-up the Jets in the battle of ineptitude as it's becoming more and more clear that this franchise has to clean house.

Defensive coordinator James Bettcher's unit was torched by the Jets for 27 of their 34 points, including a pair of touchdowns on their opening two drives of the day.

He made the Jets' sieve-like offensive line look like a brick wall at times as they couldn't get to Darnold when it mattered most. The secondary wasn't much better as they looked like a bunch of clueless toddlers trying to keep up with a set of Jets playmakers that have done nothing for most of the season.

But Bettcher can't hold a candle to the walking disaster that is head coach Pat Shurmur — who continues to field unprepared teams each week.

Daniel Jones managed to have a fine day with four touchdowns and over 300 yards passing under center despite his bumbling head coach's bizarre play calls.

Shurmur remains ignorant to the fact that he has one of the most explosive playmakers in football in the backfield with Saquon Barkley. While the Jets run defense was stout, the Giants head coach did absolutely nothing to exploit the second-year star's skillset behind an offensive line that was without three starters.

He could have at least drawn up a few more designed screens for Barkley and get him in 1-on-1 coverages. The one time it happened, Barkley broke one open for 22 yards.

But Shurmur's playcalling is basic and predictable — and it was never more evident than on a

4th-&1 on the Giants' 39-yard-line during the second quarter in a one-point game. With a TV timeout allowing him time to draw up a perfect play, Shurmur called a QB sneak for Jones, only to be stuffed by a Jets defense that constantly dominated the Giants' shorthanded offensive line.

The Jets let him off the hook by missing a field goal, but that's what happens when two bad football teams play each other.

After his latest loss, Shurmur is now 17-42 as an NFL head coach and 7-19 with the Giants.

An embarrassing loss to a Jets team that resembled the JV squad more than a pro team will only make his hot seat warmer.

At the end of the day, though, this is a bad football team that lacks the talent to win football games because owner John Mara opted to hire Dave Gettleman as his general manager.

The decision has seen the Giants part ways with key franchise players — like Odell Beckham Jr. and Landon Collins — while enabling a man with little football sense to drive a proud organization into the ground.

What makes it all more infuriating for Giants fans is the fact that they all saw this coming. Yet Mara still chose this route.

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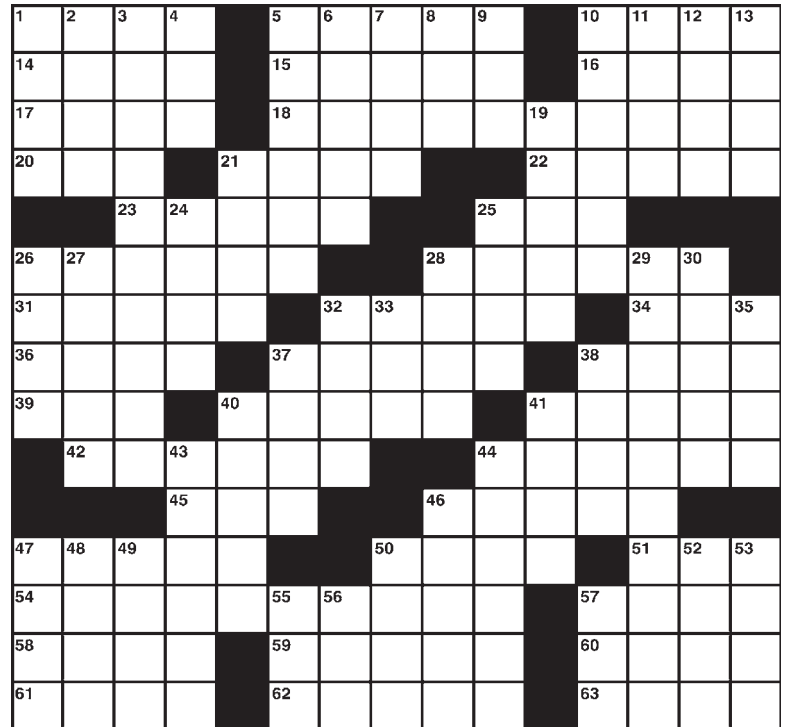
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40 Fail to sit up straight
41 Stop
42 Thick beverage
44 Where walls meet
45 Stripling
46 Squeeze water from a rag
47 ___ Allan Poe
50 Other ___; besides
51 Flying saucer, for short
54 Newcomer; novice
57 Move along smoothly
58 Henry or Cassius
59 Jagged
60 Horse's home
61 Smacks
62 Ballot caster
63 Rubs the wrong way

DOWN

1 Toboggan
2 Greasy
3 Event for alumni
4 Yoko ___
5 Nut varieties
6 Surrounded by
7 Flamingo's color
8 One of Santa's helpers
9 Bread variety
10 Has ___; is troubled
11 Slender
12 Chef

13 Egg layers
19 Jack of nursery rhyme fame
21 Suggestion
24 ___-back; relaxed
25 Keats or Yeats
26 Snatch
27 Musical variety show
28 Gather crops
29 Like a "Yield" sign
30 In a ___; sort of
32 Punch
33 ___ and haw; be indecisive
35 Stag or doe
37 Walk with heavy steps
38 Bouquet greenery
40 Entrap
41 Nickel or dime
43 ___ Knight & the Pips
44 Dimple on the moon
46 TV's "___ Line Is It Anyway?"
47 ___ A Sketch; classic drawing toy
48 Salami shop
49 Small biting fly
50 Tap the horn
52 Eating utensil
53 ___ up; admits guilt
55 Gun the engine
56 To and ___
57 J. Edgar Hoover's agcy.

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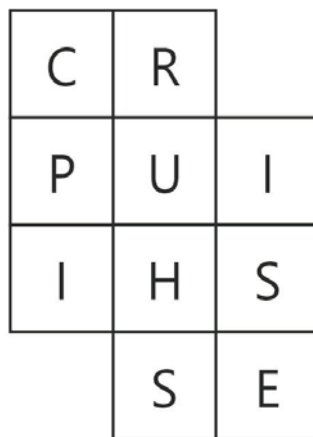
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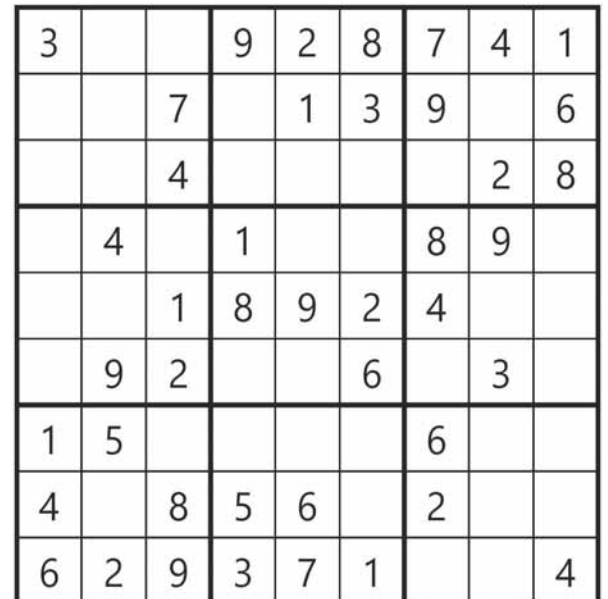
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B	E	G	N	A	P	R	A	C	E	R	S
			G	R	A	D	S	R	F	K	
C	R	E	A	T	E	G	U	E	S	T	S
A	O	R	T	A	C	R	A	P	S	H	A
T	W	A	S	P	O	U	T	S	H	O	L
S	E	T	B	A	R	G	E	M	A	U	V
D	E	B	A	R	K	G	O	R	G	E	S
			A	S	A	B	E	R	T	H	
S	I	G	N	E	D	L	E	T	T	W	O
L	O	U	I	S	I	A	N	A	A	F	F
O	W	N	S	G	L	U	M	R	O	U	S
W	A	S	H	M	I	N	E	G	L	E	N

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